

DINNERLY



Fan Fave: Sweet Soy Chicken Noodles with Veggies and Toasted Sesame



25 minutes



2 Servings

Flavoured with kecap manis – a type of thick, sweet soy sauce – and packed with lots of veggies, this chicken noodle stir-fry dishes up tastes the kids will love!

WHAT WE SEND

- 1 carrot
- 1 zucchini
- 1 large free-range chicken breast fillet
- 150g egg noodles ^{1,3}
- 40ml kecap manis ^{1,6,17}
- 5g toasted sesame seeds ¹¹

WHAT YOU NEED

- 2 garlic cloves
- 2 tsp soy sauce ⁶
- 2 tsp honey
- 1 tbs vegetable oil

TOOLS

- medium saucepan
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Egg (3), Soy (6), Sesame (11), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 645kcal, Fat 13.2g, Carbs 91.8g, Proteins 43.8g



1. Prep ingredients

Bring a medium saucepan of water to the boil for the noodles. Peel the **carrot**, then halve lengthwise and thinly slice on an angle. Halve the **zucchini** lengthwise and thinly slice. Crush or finely chop **2 garlic cloves**. Thinly slice the **chicken**.



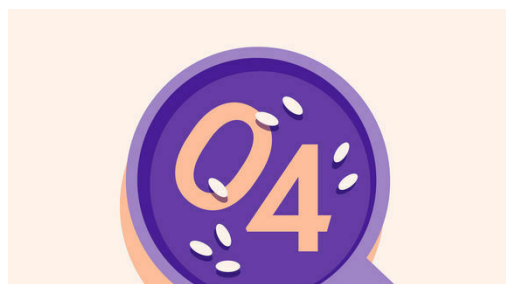
2. Cook noodles

Cook the **noodles** in the pan of boiling water for 2 mins or until tender. Drain, then rinse under hot water to prevent the noodles from sticking. Meanwhile, combine the **kecap manis**, **2 tsp soy sauce** and **2 tsp honey** in a bowl.



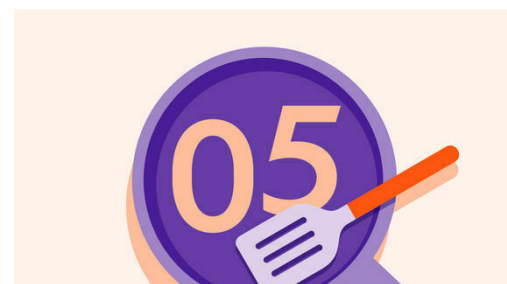
3. Brown chicken

Combine the **garlic**, **1 tsp kecap manis mixture** and **½ tsp sesame seeds** in a large bowl. Add the **chicken** and toss to coat. Heat **2 tsp vegetable oil** in a medium deep frypan over medium-high heat. Stir-fry the chicken for 3 mins or until browned and just cooked through. Remove from the pan.



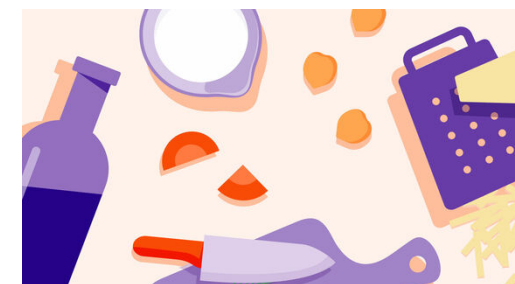
4. Add noodles

Heat **2 tsp vegetable oil** in the same pan over medium-high heat. Stir-fry the **carrot** and **zucchini** for 4 mins or until tender. Add the **chicken**, **noodles**, **remaining kecap manis mixture** and **1 tbs water** and stir-fry for 1 min or until warmed through and combined. Remove the pan from the heat. Taste, then season with **salt and pepper**.



5. Serve up

Divide the **noodle and chicken mixture** among bowls, scatter over the **remaining sesame seeds** and enjoy!



6. Make it yours

For more crunch factor, scatter over some chopped peanuts or cashews to serve.